

### *Formulas for Calculations*

#### **Total Fat (Percent of Calories from Fat)**

Total grams of fat in the food: \_\_\_\_\_ Multiply times 9 = \_\_\_\_\_ (calories from fat)

Total calories in the food (from label): \_\_\_\_\_

Divide calories from fat by total calories = \_\_\_\_\_

To convert to a %, move the decimal point two places to the right, or multiply by 100

HUSSC total fat criteria: must be at or below 35% of calories per serving.

#### **Saturated Fat (Percent of Calories from Saturated Fat)**

Total grams of saturated fat in the food: \_\_\_\_\_ Multiply times 9 = \_\_\_\_\_ (calories from saturated fat)

Total calories in the food (from label): \_\_\_\_\_

Divide calories from saturated fat by total calories = \_\_\_\_\_

To convert to a %, move the decimal point two places to the right, or multiply by 100

HUSSC saturated fat criteria: must be below 10% of calories.

#### **Trans Fat**

Amount of *trans* fat in a serving of the food (Nutrition Facts label): \_\_\_\_\_ gm.

HUSSC *trans* fat criteria: must be less than 0.5 gm per serving.

#### **Sugar (Percent of Sugar by Weight)**

Total grams of sugar in the food (A): \_\_\_\_\_

Gram weight of the food (B): \_\_\_\_\_

Divide A by B = \_\_\_\_\_

To convert to a %, move the decimal point two places to the right, or multiply by 100

HUSSC sugar criteria: must be at or below 35% by weight.

#### **Sodium**

If the serving size is the same as what is listed on the food label:

Milligrams (mg) of sodium in one serving (Nutrition Facts label): \_\_\_\_\_ mg (A)

If using a serving size greater or less than what is listed on the Nutrition Facts label:

Multiply the mg of sodium in one serving (A) by the amount (factor) of increase or decrease (2 times, ½, etc.) to determine the mg of sodium in the new serving size

\_\_\_\_\_ mg.

If a simple factor is not easy to determine:

Divide the gm weight of the adjusted serving size to be served/consumed \_\_\_\_\_ gm (B) by the gm weight of one serving \_\_\_\_\_ gm (C) to determine the adjustment factor \_\_\_\_\_ (D).

Multiply the mg of sodium in one serving (A) times the adjustment factor (D) \_\_\_\_\_ to determine the mg of sodium in the adjusted serving size \_\_\_\_\_ mg.

Compare results with sodium criteria below:

**Side dish/non-entrée** Total milligrams (mg) of sodium in the food: \_\_\_\_\_

Does this meet the Bronze/Silver/Gold award level (at or below 480 mg)? \_\_\_\_\_

Does this meet the Gold with Distinction level (at or below 200 mg)? \_\_\_\_\_

**Main dish/entree** Total milligrams (mg) of sodium in the food: \_\_\_\_\_

Does this meet the Bronze/Silver/Gold award level (at or below 600 mg)? \_\_\_\_\_

Does this meet the Gold with Distinction level (at or below 480)? \_\_\_\_\_